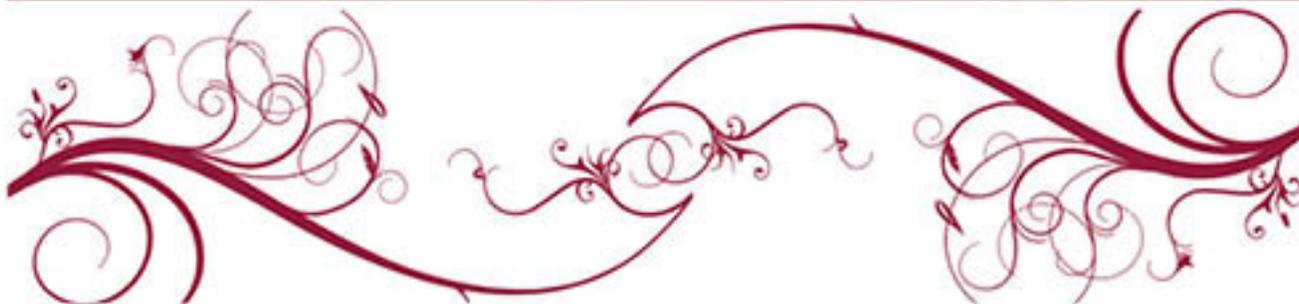




CELEBRATING 40 YEARS



Creative Living with Sheryl Borden



7000 Series



Foods & Nutrition
Section I



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Foods & Nutrition

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Gazpacho” is in Section I on page 3, whereas “Country Desserts” is in Section II on page 11.



Gazpacho

What is Gazpacho?

Gazpacho is a cold vegetable soup with tomatoes as the main ingredient. It is believed that Gazpacho originated in Spain, specifically the Andalusia region in the South part of Spain. There are many versions and regardless of where it comes from, we Americans have taken a liking to this “liquid” vegetable salad and embellished it with our own unique touches.

What is in Gazpacho?

Unfortunately, for the gluten-free community, many gazpachos are made with bread as a thickener. In fact, it's a great way to use up stale bread. But bread isn't necessary for a smooth, satisfying texture so I never use it. Most gazpacho recipes start with fresh tomatoes, but my version offers a time-saving shortcut by using canned tomato juice. Gazpacho can also include other vegetables such as bell peppers, onions, and so on. Some recipes contain fruits such as watermelon, cantaloupe, peaches, or grapes. My particular recipe adds celery and cucumber.

What are the Health Benefits of Gazpacho?

Gazpacho is like eating a chunky, liquid salad. Since tomatoes are the major ingredient, gazpacho is high in lycopene which has cardiovascular benefits. Cucumbers are a good source of Vitamin C and reduce fluid retention, a good thing in hot weather. Celery provides good fiber and potassium, which is good for blood pressure.

Why is this a Small Gazpacho Recipe?

Research shows that more and more people live in small households, so I have down-sized this recipe to serve two, but you can double it to serve four if you wish.

Is Gazpacho an Entrée or An Appetizer?

It can be both. As a main dish, I serve it in Margarita glasses for a pretty effect, but you can serve it in soup bowls. Or, for appetizers serve it in little shot glasses or small coffee cups.



Quick & Easy Gazpacho for 2

Preparation time: 5 minutes

Chilling time: 1 hour

- 1 1/3 cups canned tomato juice, divided (two 5.5-ounce cans), divided
- 2 tablespoons chopped onion
- 1/4 to 1/2 jalapeno, seeds and veins removed, coarsely chopped (or to taste)
- 1 small garlic clove, chopped
- 1 1/2 teaspoons fresh lime juice
- 1/4 English cucumber, diced, plus very thin half-slices for garnish
- 1/2 celery rib, finely chopped
- 1 1/2 tablespoons chopped fresh cilantro, divided

In a food processor, puree 3/4 cup of the tomato juice along with the onion, jalapeno, garlic, and lime juice. Transfer to a large bowl and stir in the cucumber, celery, 2 tablespoons of the cilantro, and the remaining tomato juice. Divide evenly among two soup bowls or goblets and chill for at least an hour to let the flavors meld. Serve chilled, garnished with a half-slice of cucumber and the remaining cilantro as garnish. Serves 2. (This recipe can be doubled.)

COURTESY: Carol Fenster
Savory Palate, Inc.
www.savorypalate.com

GOT KALE?

Kale, a popular cabbage, includes the flat-leaf types - often labeled as dinosaur, Tuscan, lacinato or black - and the curly types or varieties. Kale can be purchased in a variety of forms: **fresh** in the produce section where it is banded together in big leaves or finely chopped in bags (perfect for salad); **frozen** in resealable bags in the freezer section; or **dried** into kale chips in the snack display. Kale is an extraordinarily nutritious vegetable which makes it very popular these days. It is high in antioxidants and one cup provides over 1,000 percent of the Daily Value (DV) for Vitamin K, nearly 200 percent of the DV for Vitamin A, and nearly 100 percent of the DV for Vitamin C. It is also high in fiber.



Baked Kale Chips

Even when baked, kale won't win any beauty contests! Still, once you pop these little crisps into your mouth, you won't care about their looks. The strong flavor of kale lessens when baked, so these chips are delightfully crispy, yet not overly green-tasting. I prefer flat kale for this recipe because it's easier to clean and chop, but use whatever variety you have (or grow in your garden.) Add your own touches, such as a sprinkle of Parmesan cheese. You will love these chips and make this recipe again and again!

- 4 cups kale (1 bunch), stems removed, torn into chip-size pieces
- 1 Tbsp. olive oil
- 1/4 tsp. sea salt

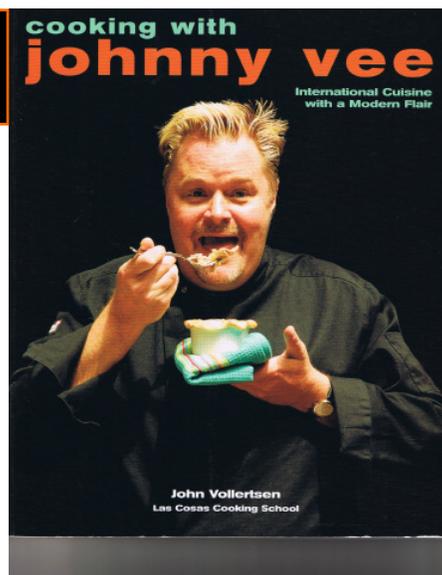
Place a rack in the middle of the oven. Preheat the oven to 350° F. Line a 10x15-inch or 13x18-inch baking sheet (non stick) with parchment paper. Wash the kale and trim the stems from each piece. Spin it dry in a salad spinner and blot any remaining moisture with paper towels. In a large bowl, toss the kale with olive oil until thoroughly coated. For curly kale, you may need to massage the pieces with your hands to work the oil into the crevices. Toss with the salt. Spread it in a single layer on the baking sheet. Bake until the chips are crispy, about 15 minutes. Watch carefully so they don't burn. Cool the pan on a wire rack until the chips are cool. Serve immediately.



Per serving: 65 calories, 2g protein; 4g total fat; 1g fiber; 7g carbohydrates; 0mg cholesterol; 162 mg. sodium

COURTESY: Carol Fenster
Savory Palate, LLC
www.carolfenster.com OR
www.carolfenstercooks.com

Food Truck Cookery & More



Poutine (Fries, Curd and Gravy)

- 2 Tbsp. butter
- 2 Tbsp. flour
- 2 cups beef stock
- Salt
- Freshly ground black pepper
- 2 lbs. Idaho white potatoes, peeled and cut
- 1/2 lb. fresh cheese curd

In a saucepan, over medium heat, combine the butter and flour. Stir until incorporated. Cook for 12 to 15 minutes for a dark roux. Stir in the stock. Season with salt and pepper. Bring the liquid to a boil. Reduce the heat to medium low and continue cooking for 15 to 20 minutes. Remove from the heat and keep warm. Peel the potatoes and cut fries, 4 inches by 1/2-inch. Bring a pot of salted water to a boil. Add the potatoes and blanch for 4 minutes. Remove, drain and cool completely. Fry the potatoes until golden brown. Remove and drain on paper towels. Season with salt and pepper. To serve, mound the fries into the individual (16-ounce) disposable cups. Spoon the gravy over the fries and crumble the cheese. Serve immediately. Serves 4-6.

Beer Batter For Shrimp Po-Boys

- 3/4 cup flour + 2 tablespoons
- 1/4 cup corn starch
- 1 cup beer
- 1/2 tsp. salt
- 1/4 tsp. cumin
- 1/4 tsp. cayenne
- For 2 lbs. peeled shrimp

Combine flour and corn starch in medium bowl. Stir in salt, cumin and cayenne. Measure beer into tilted measuring cup and insure that you have 1 cup liquid. Stir in beer and foam and whisk batter until smooth. Allow batter to rest for 20 minutes before using. If a thinner batter is desired, add a small amount of beer. Lightly season fish pieces with salt and pepper. Dip fish, shrimp or oysters into batter and allow to drain briefly. Fry in 350° F. vegetable oil until golden brown. Drain fish on paper towels and serve warm. Serves 6.

Jalapeno Mayo

- 3/4 cup mayonnaise
- 1 tsp. lime juice
- 4 jalapenos, seeded and minced
- 2 tsp. chopped fresh cilantro
- 1 tsp. minced white onion
- salt and pepper to taste

Combine all ingredients in a small glass bowl and chill. May be stored in refrigerator for 1 week. Serves 6.

Korean Style Tacos with Kogi BBQ Sauce

- 1 lb. cooked pulled pork, or cooked shredded chicken
- 12 corn or flour tortillas
- 1/4 cup Quick Cucumber Pickle (below) or Napa Cabbage kimchi

For the Kogi BBQ Sauce

- 2 Tbsp. Korean fermented hot pepper paste (go chujang)
- 3 Tbsp. sugar
- 2 Tbsp. soy sauce
- 1 tsp. rice wine vinegar
- 2 tsp. sesame oil

Whisk all ingredients together until sugar has dissolved and mixture is smooth. You can make this a few days in advance and store tightly covered in the refrigerator.

For the Quick Cucumber Pickle

I like using English cucumbers or Japanese cucumbers – the skin is thinner and they have less seeds. If you have a Mandoline Slicer it certainly will make the job much easier.

- 1 large English cucumber (or 2 Japanese cucumbers), sliced very thinly
- 2 Tbsp. rice vinegar
- 1/2 tsp. sugar
- 1/2 tsp. finely minced fresh chili pepper (or more depending on your tastes)
- generous pinch of salt

Mix together all ingredients. You can make this a few hours in advance and store in refrigerator, however the longer it sits, the less “crunch” you’ll have. I like making this cucumber pickle 1 hour prior, storing in refrigerator and serving it cold on the tacos for texture and temperature contrast. Serves 4.

CHICKEN STOCK

Makes 4-6 quarts

- 1/2 stick unsalted butter
- 4 pounds chicken carcasses, including necks and backs
- 1 large onion, chopped
- 4 carrots, peeled and chopped
- 4 ribs celery, chopped
- 1 leek, white part only, cut in 1/2 lengthwise and rinsed
- 1 head garlic, sliced in half around the middle
- 10 sprigs fresh thyme
- 10 sprigs fresh parsley with stems
- 2 bay leaves
- 10 peppercorns
- cold water

Melt butter in a heavy roasting pan over medium heat. Place chicken and vegetables in the pan, stir to coat with butter and roast at 400° F. for 45 minutes or until the bones and vegetables are nicely browned. Meanwhile make a bouquet garni by wrapping thyme, parsley, bay leaves and peppercorns in a large square of cheese cloth and tie with kitchen twine forming a sachet of spices. Scrape roasted bones and vegetables into a large (8 Qt. or larger) stockpot and fill pot 2/3 full with cold water. Deglaze pan with 1 cup cold water or dry white wine and add to the pot. Bring stock to a boil and then turn down to a simmer and cook uncovered for two hours or so adding water as needed to keep bones and vegetables submerged. Allow stock to reduce for the last 15 minutes of cooking time.

Strain stock through a fine mesh strainer into another large stockpot or heatproof container discarding the solids. Cool immediately in large cooler of ice or a

TUSCAN CHICKEN SOUP WITH CANNELLINI BEANS & ESCAROLE

Serves 6

- 2 tablespoons olive oil
- 1 small onion, diced
- 1 medium carrot, diced
- 3 cloves garlic, minced
- 6 cups chicken stock
- 1/2 teaspoon fresh oregano
- 1/2 teaspoon red pepper flakes
- 1 can cannellini beans, rinsed
- 1 cup canned fire-roasted diced tomatoes
- 1/2 cup orzo or other small pasta
- 6 leaves escarole, chopped
- Salt & fresh ground pepper to taste
- Parmesan cheese
- Extra-virgin olive oil

Heat olive oil in a 4-quart saucepan over medium heat. Add onion, carrot, and garlic and sauté until lightly browned. Add chicken stock, oregano and red pepper and bring to a boil. Reduce heat to low, cover and simmer 10 minutes or until vegetables are tender. Stir in cannellini beans, tomatoes and pasta and return to a boil. Reduce heat to low, cover and simmer 15 minutes or until pasta is tender. Stir occasionally. Add escarole and allow it to wilt slightly. Season with salt and pepper and serve garnished with Parmesan cheese and a drizzle of extra virgin olive oil.



COURTESY: John Vollertsen
La Cosas Cooking School
www.chefjohnnyvee.com

Gumball Cupcake

Decorate gumball:

Bake and cool 24 cupcakes. Spatula ice 12 gumball cupcakes with Chocolate RTD (Ready to Decorate) Icing and cover each iced cupcake with milk chocolate candies.



Using Black Food Writer Marker, write '5¢' on a white Necco candy wafer. Flip red cupcakes top side down, top with another red baking cup (if desired). Using small amount of buttercream, attach wafer to red liner cupcake.



Place gumball cupcake on its side and using buttercream, adhere red gumdrop on top of gumball cupcake. Place on Gumball Cupcake Stand or Gumball Cake Board.

Woodland Critter Cakes

Fox Woodland Animal Cake

Head - Tint 1 oz. of fondant black and 18 oz. orange. Reserve remaining white fondant. Use fondant roller to roll out orange fondant 1/4 in. thick. Use knife and pattern to cut orange head. Place piece on cornstarch-dusted cake board. Let dry, at least 24 hours.

Ears and tail - Knead 1/4 teaspoon Gum-Tex into 1 oz. orange fondant. Use fondant roller to roll out orange fondant 1/8 in. thick. Use knife and pattern to cut two ears; reverse pattern for second ear. Use knife and pattern to cut orange tail. Place pieces on cornstarch-dusted cake board. Let dry, at least 24 hours.

Belly and eyes - Knead 1/4 teaspoon Gum-Tex into 1 oz. white fondant. Use fondant roller to roll out white fondant 1/8 in. thick. Use knife and patterns to cut belly and eyes. Place pieces on cornstarch-dusted cake board. Let dry, at least 24 hours.

Nose, pupils, eye highlights and tail tip - Use fondant roller to roll out black and reserved white fondant, separately, 1/16 in. thick. Use straight side of F oval cut-out to cut black nose. Use straight side of E round cut-out to cut black pupils. Use narrow end of tip #12 to cut white eye highlights. Use fondant roller to roll out orange and white fondant 1/8 in. thick. Use knife and pattern to cut white tip of tail. Use knife to trim out triangles. Use damp brush to attach tip to tail.

Cover 6 in. square cake with orange fondant. Use spatula and buttercream icing to ice cake lightly. Attach belly, head, eyes, pupils, and eye highlights to cake with small amount of water and food safe brush. Prepare thinned fondant adhesive following recipe directions. Use scissors to trim lollipop sticks to 3 in. Insert sticks into top corners of cake, extending 1 in. to hold ears. Use brush and thinned fondant adhesive to attach ears to sticks. Position tail next to cake. Left: Other woodland animal cakes.



COURTESY: Emily Tatak
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www.wilton.com

Rubber-Stamping Cookies

Rubber-stamping on cookies is really no different than rubber-stamping on paper. The only exception is that you must use edible ink and rubber stamps that haven't been touched by anything but edible ink. You can stamp directly on top-coated cookies. Or, you can stamp on thin sheets of rolled fondant or other modeling media, either dried or soft, and then stick the stamped dough onto iced or uniced cookie tops with Royal Icing. If you're stamping on top-coated cookies, it's important to dry top coats completely, ideally overnight, or you can crack the icing when you apply pressure with the stamp on top. Likewise, be careful if you're stamping on dried modeling media, especially rolled fondant, as these doughs are brittle in dry form and can also crack. Lastly, if you stamp on soft modeling media, expect not only to see the stamp, but also to end up with a very cool embossed effect! (The relief of the stamp will transfer into the soft dough, along with the edible ink.)

A quick word on tools: almost any rubber stamp will do, as long as it fits your cookie top or top coat. Rubber stamps don't conform well to rounded icing edges, so if you're stamping on a top-coated cookie, it's best to allow some icing margin (at least 1/8 inch) around the edge of the stamp. This way, you're sure to capture the entire stamp on the top coat. As for edible ink, I use soft-gel food coloring applied to an un-inked felt or foam ink pad. Both types of pads work just fine, despite what you may have read elsewhere about felt pads being superior. Foam pads are softer and absorb more food coloring than felt pads, which makes it easier to inadvertently over-ink your stamp and then your cookies. But because they hold more coloring, they'll stay moist and well inked for many days if closed and sealed in baggies, whereas felt pads often need to be re-inked many times in the course of working with them.

Rubber-Stamping a Top-Coated Cookie

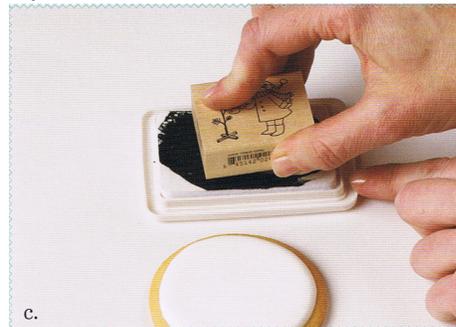
(a) Apply soft-gel food coloring to an un-inked felt or foam ink pad and let the coloring soak into the pad.



(b) Use paper towels to blot any excess coloring that remains pooled on top of the pad. Felt pads will need more blotting than foam pads, because they're less absorbent.



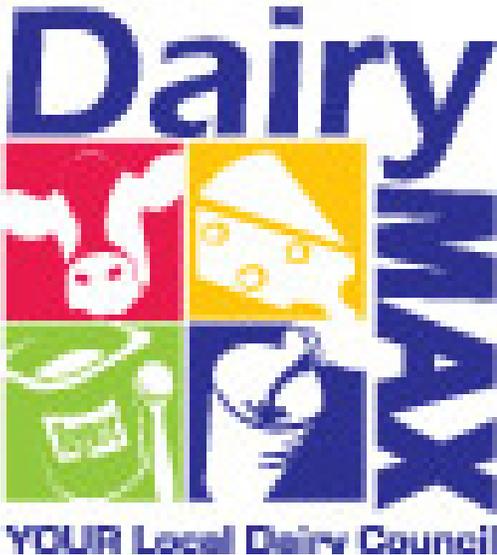
(c) Press the stamp on the pad to evenly coat it with coloring; then gently press it onto the dried cookie top coat.



(d) Carefully lift the stamp to avoid smudging the wet ink; then re-ink the stamp as needed for the next cookie.



COURTESY: Julia Usher
Author & Chef
www.juliausher.com



Common Questions About Lactose Intolerance

What is lactose intolerance?

People who are lactose intolerant have a hard time digesting the sugar (called lactose) that is naturally found in milk and may experience discomfort after consuming dairy foods.

How do I know if I'm lactose intolerant?

Stomachaches, bloating or gassiness can have many different causes. Your doctor can help you find out if you are lactose intolerant or if your digestive discomfort is caused by something else.

I used to drink milk all the time when I was a child. Why am I more sensitive to dairy now?

Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than it did as a child. This may be making it more difficult to tolerate dairy.

If I am lactose intolerant, do I have to avoid all dairy foods?

Lactose intolerance is a very individual condition. Most people can continue to eat dairy foods by following steps, such as drinking lactose-free milk, enjoying small amounts of milk with meals or trying dairy foods lower in lactose, like natural cheeses. Lactose intolerance is a very individual condition.

Is lactose intolerance the same thing as a milk allergy?

No, being lactose intolerant is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (or carbohydrate) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose intolerant.

Can't I get all the nutrients I need without dairy foods in my diet?

Nutrition experts advise that you still try to eat dairy foods to best meet your nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It's difficult to get enough of these nutrients without dairy foods in your diet.

Can children have lactose intolerance?

Lactose intolerance is less common in young children. If you think your child has lactose intolerance, talk to your family doctor, child's pediatrician or a dietitian.

FAST FACTS ABOUT LACTOSE-FREE MILK AND MILK PRODUCTS

Lactose-free milk is real milk, just without the lactose, and is a solution to help you get all the great nutrients found in regular milk.

HOW THEY'RE MADE:

Lactose-free dairy products are the same as regular dairy products except the lactose (milk sugar) is already broken down or removed for you.

GREAT TASTING:

People like the taste of lactose-free milk more than some of the available non-dairy alternatives.

AVAILABLE OPTIONS:

A wide variety of lactose-free dairy products — including reduced-fat, low-fat, fat-free and chocolate milk, ice cream and cottage cheese — are available.

COURTESY: Sara Robbins
DairyMax
www.dairymax.org

FALL IN LOVE WITH DAIRY AGAIN

Do you love the taste of dairy foods, but sometimes feel gassy or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you to enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day - without experiencing pain or embarrassment.

Enjoy Dairy Again with These Tips:

Sip it.

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



Try it.

Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, providing the same nutrients as regular dairy foods, and they taste great.



Stir it.

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



Slice it.

Top sandwiches or crackers with natural cheeses such as Cheddar,



Colby, Monterey Jack, mozzarella and Swiss. These cheeses are low in lactose.

Spoon it.

Enjoy easy-to-digest yogurt. The live and active cultures in yogurt help to digest lactose.



COURTESY: Sara Robbins
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www.dairymax.org